USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lycopene (μg) ; Vitamin E (alpha-tocopherol) (mg) ; Carotene, beta (μg)

Food Groups: Vegetables and Vegetable Products

Food Subset: All Foods Ordered by: Food Name Measured by: Household

Report Run at: November 06, 2015 16:04 EST

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alph Per Measure	Vitamin E a-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0	0.01	29
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0	0.23	10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0	0.23	10
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0	0.27	12
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0	0.27	12
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0	0.24	10
11959	Arugula, raw	2.0	1.0 leaf	0	0.01	28
11015	Asparagus, canned, drained solids	242.0	1.0 cup	58	2.95	1193
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	28	0.35	567
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	27	1.35	544
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	27	1.35	544
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	43	2.16	869
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	43	2.16	869
11011	Asparagus, raw	134.0	1.0 cup	0	1.51	602
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0	0.84	841
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0	0.84	841
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0	0.17	84
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0	0.17	84
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0	0.83	10
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0	1.51	18
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0	1.46	247
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0	0.05	2
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0	0.07	336
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0	0.05	187
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0	0.04	165
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0	0.05	218
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0	0.58	475

1062 Benns, sunp, grewn, contect, brothet, charmet, without sait 1250 1.0 cup 0 0.47 30	NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha- Per Measure	Vitamin E tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
1066 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 0 0.51 353 1061 Beans, snap, green, frozen, cooked, boiled, drained without salt 135.0 1.0 cup 0 0.05 302 1072 Beans, snap, green, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 1.2° pieces 0 0.41 379 1073 Beans, snap, yellow, canned, ro salt added, drained solids 153.0 1.0 cup 1.2° pieces 0 0.41 379 1073 Beans, snap, yellow, canned, ro salt added, drained solids 153.0 1.0 cup 0 0.55 0.0 cup 0 1072 Beans, snap, yellow, canned, regular pack, stolids and liquids 153.0 1.0 cup 0 0.44 0.6 1073 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 0 0.04 0.6 1072 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 0 0.04 0.6 1072 Beans, snap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.58 0.1 1073 Beans, snap, yellow, foozen, all styles, turperpared 121.0 1.0 cup 0 0.58 0.1 1073 Beans, snap, yellow, frozen, all styles, turperpared 121.0 1.0 cup 0 0.05 81 1073 Beans, snap, yellow, frozen, all styles, turperpared 121.0 1.0 cup 0 0.05 81 1073 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 1073 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 1074 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces 0 2.61 6610 1086 Beat preas, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces 0 2.61 6610 1086 Beat preas, raw 1.0 cup (1° pieces 0 2.61 6610 1086 Beat preas, raw 1.0 cup (1° pieces 0 2.61 6610 1087 Beat greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces 0 2.61 6610 1088 Beats, canned, to salt, briand solids 1.0 cup (1°	11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0	0.58	475
1061 Beans, samp, green, frozen, cooked, boiled, drained without salt 135.0 1.0 cup 0 0.05 336 10731 Beans, samp, green, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 336 1082 Beans, samp, green, frozen, cooked, boiled, drained with salt 135.0 1.0 cup 0 0.05 187 10738 Beans, samp, yellow, canned, no salt added, drained solids 153.0 1.0 cup 0 0.28 66 10727 Beans, samp, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 0 0.44 96 10728 Beans, samp, yellow, canned, regular pack, drained solids 153.0 1.0 cup 0 0.44 96 10727 Beans, samp, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 0 0.04 0.0 10728 Beans, samp, yellow, cooked, bioled, drained, with salt 125.0 1.0 cup 0 0.58 61 10730 Beans, samp, yellow, forcen, all styles, unprepared 121.0 1.0 cup 0 0.58 61 10731 Beans, samp, yellow, forcen, all styles, unprepared 121.0 1.0 cup 0 0.05 81 10732 Beans, samp, yellow, forcen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 10733 Beans, samp, yellow, forcen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 10736 Beet greens, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 10737 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 2.61 6610 1087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 2.61 6610 1087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 0.05 24 1088 Beet, canned, drained solids 157.0 1.0 cup 0 0.07 32 1088 Beet, canned, drained solids 157.0 1.0 cup 0 0.07 32 1089 Beet, canned, drained solids and liquids 246.0 1.0 cup 0 0.07 32 1089 Beets, conned, boiled, drained, with salt 88.0 0.5 cup slices 0 0.03 18 1089 Beet	11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0	0.47	307
1731 Beams, sump, green, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 336 11052 Beams, sump, green, rum 1000 1.0 cup 12° pieces 0 0.41 379 11728 Beams, sump, yellow, canned, no salt added, drained solids 151.0 1.0 cup 0 0.05 1817 11728 Beams, sump, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 0 0.28 610 11932 Beams, sump, yellow, canned, regular pack, drained solids 153.0 1.0 cup 0 0.44 9.6 11727 Beams, sump, yellow, canned, regular pack, drained solids 120.0 0.5 cup 0 0.98 61 11728 Beams, sump, yellow, conted, briled, drained, with salt 125.0 1.0 cup 0 0.58 61 11729 Beams, sump, yellow, cooked, briled, drained, with salt 125.0 1.0 cup 0 0.58 61 11730 Beams, sump, yellow, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 81 11731 Beams, sump, yellow, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 81 11732 Beams, sump, yellow, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 81 11733 Beams, sump, yellow, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 81 11734 Bears, sump, yellow, frozen, cooked, briled, drained, with salt 135.0 1.0 cup 0 0.05 81 11735 Beer greens, cooked, briled, drained, with salt 144.0 1.0 cup (1° pieces) 0 2.61 6610 11084 Beert, canned, drained solids 157.0 1.0 cup, dicad 0 0.05 2.4 11085 Beer greens, cooked, briled, drained, with salt 187.0 1.0 cup, dicad 0 0.05 3.2 11735 Beert, canned, on salt added, solids and liquids 246.0 1.0 cup 0 0.07 3.3 11840 Beert, conded, briled, drained, with salt 85.0 0.5 cup slices 0 0.05 2.7 11960 Breet, conded, briled, drained, with salt 85.0 0.5 cup slices 0 0.05 0.05 11970 Breecol, read, cooked, briled, drained, with salt 88.0 0.5 cup, clopped 0 0	11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0	0.51	353
1082 Beans, stap, green, raw 1000 1.0 cup 1/2° pieces 0 0.41 379 11933 Beans, stap, yellow, canned, no salt added, drained solids 153.0 1.0 cup 0 0.05 187 11728 Beans, stap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 0 0.28 60 11727 Beans, stap, yellow, canned, regular pack, drained solids 153.0 1.0 cup 0 0.04 96 11727 Beans, stap, yellow, canned, regular pack, drained solids 120.0 0.5 cup 0 0.04 60 11728 Beans, stap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 0 0.58 61 11729 Beans, stap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.08 61 11730 Beans, stap, yellow, frozen, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.05 81 11731 Beans, stap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11732 Beans, stap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 2.61 6610 11088 Beet greens, raw 38.0 1.0 cup 0 0.05 24 11735 Beets, canned, frained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11818 Beets, coanted, drained with salt 85.0 0.5 cup sites 0 0.07 34 11819 Beets, coanted, drained, with salt 85.0 0.5 cup sites 0 0.07 34 11819 Beets, coanted, fortiand with salt 85.0 0.5 cup sites 0 0.05 27 11097 Broccoli ranb, cooked 88.0 1.0 cup 0 0.05 27 11098 Broccoli ranb, cooked 88.0 1.0 cup 0 0.05 27 11099 Broccoli ranb, cooked 88.0 1.0 cup 0 0.05 20 11090 Broccoli ranb, cooked 88.0 0.5 cup, chopped 0 1.13 725	11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0	0.05	302
1933 Beans, snap, yellow, canned, no salt added, drained solids 153,0 1.0 cup 0 0.05 187 1922 Beans, snap, yellow, canned, regular pack, drained solids 152,0 1.0 cup 0 0.44 96 1923 Beans, snap, yellow, canned, regular pack, solids and liquids 152,0 1.0 cup 0 0.04 96 1925 Beans, snap, yellow, cooked, boiled, drained, with salt 125,0 1.0 cup 0 0.58 61 1924 Beans, snap, yellow, cooked, boiled, drained, with salt 125,0 1.0 cup 0 0.58 61 1924 Beans, snap, yellow, cooked, boiled, drained, without salt 125,0 1.0 cup 0 0.58 61 1925 Beans, snap, yellow, cooked, boiled, drained, without salt 125,0 1.0 cup 0 0.05 86 1933 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135,0 1.0 cup 0 0.05 81 1935 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135,0 1.0 cup 0 0.05 81 1936 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135,0 1.0 cup 0 0.05 81 1937 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 144,0 1.0 cup (1*pieces) 0 2.61 6610 1087 Beat greens, cooked, boiled, drained, without salt 144,0 1.0 cup (1*pieces) 0 2.61 6610 1088 Beat greens, cooked, boiled, drained, without salt 144,0 1.0 cup (1*pieces) 0 0.57 1442 1084 Beats, canned, regular pack, solids and liquids 246,0 1.0 cup 0 0.07 34 1085 Beets, canned, regular pack, solids and liquids 246,0 1.0 cup 0 0.07 34 1086 Beets, canned, solids and liquids 246,0 1.0 cup 0 0.07 34 1087 Beets, cooked, boiled, drained, with salt 85,0 0.5 cup slices 0 0.03 18 1088 Beets, cooked, boiled, drained 85,0 0.5 cup slices 0 0.04 66 1080 Beets, raw 1.0 cup 0 0.05 0.2 1097 Braccoli ranh, cooked 88,0 1.0 cup 0 0.05 0.2 1098 Braccoli, drained, without salt 78,0 0.5 cup, chopped 0 0.13 725 1	11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.05	336
11728 Beams, snap, yellow, canned, regular pack, drained solids 1200 153.0 1.0 cup 0 0.44 96 11727 Beams, snap, yellow, canned, regular pack, drained solids 1200 0.5 cup 0 0.04 66 11728 Beams, snap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 0 0.58 61 11724 Beans, snap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 0 0.58 61 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 0 0.05 86 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 0.261 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.07 32 11736 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.07 32 11736 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 32 11737 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.07 32 1184 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 1189 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.04 0.05 1180 Beets, raw 136.0 1.0 cup 0 0.05 0.05 1180 Beets, raw 136.0 1.0 cup 0 0.05 0.05 1180 Beets, raw 136.0 1.0 cup 0 0.05 0.05 1180 Broccoli, frones, cooked 1.13 725 1199 B	11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0	0.41	379
1932 Beans, snap, yellow, camed, regular pack, drained solids 1530 1.0 cup 0 0.44 96 11727 Beans, snap, yellow, camed, regular pack, solids and liquids 1200 0.5 cup 0 0.04 60 11725 Beans, snap, yellow, cooked, boiled, drained, with salt 1250 1.0 cup 0 0.58 61 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 1250 1.0 cup 0 0.58 61 11730 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 1250 1.0 cup 0 0.06 86 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 1350 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 1350 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 1440 1.0 cup (1" picces) 0 0.61 6610 11086 Beat greens, cooked, boiled, drained, without salt 1440 1.0 cup (1" picces) 0 0.61 6610 11086 Beat greens, raw 380 1.0 cup 0 0.57 1442 11084 Beets, canned, drained solids 1570 1.0 cup (1" picces) 0 0.57 1442 11084 Beets, canned, drained solids 1570 1.0 cup (1" picces) 0 0.07 32 1472 11084 Beets, canned, drained solids and liquids 2460 1.0 cup 0 0.07 32 1472	11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0	0.05	187
11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120,0 0.5 cup 0 0.04 60 11725 Beans, snap, yellow, cooked, boiled, drained, with salt 125,0 1.0 cup 0 0.58 61 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125,0 1.0 cup 0 0.58 61 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135,0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135,0 1.0 cup 0 0.05 81 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135,0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144,0 1.0 cup (1° pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144,0 1.0 cup (1° pieces) 0 2.61 6610 11086 Beet greens, cooked, boiled, drained, without salt 144,0 1.0 cup (1° pieces) 0 0.57 1442 11084 Beets, canned, drained solids 157,0 1.0 cup, diced 0 0.05 24 11082 Beets, canned, regular pack, solids and liquids 246,0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85,0 0.5 cup sites 0 0.03 18 11734 Beets, cooked, boiled, drained 85,0 0.5 cup sites 0 0.03 18 11734 Beets, cooked, boiled, drained 88,0 0.5 cup sites 0 0.04 66 11080 Beets, pickled, canned, solids and liquids 227,0 1.0 cup 0 0.05 27 11097 Broccoli rnab, raw 16,0 1.0 cup 0 0.05 27 11097 Broccoli rnab, rooked 88,0 1.0 cup 0 0.05 629 11742 Broccoli, frozen, cooked, boiled, drained, with salt 78,0 0.5 cup, chopped 0 0.13 725 11794 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184,0 1.0 cup 0 0.42 865 11794 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184,0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184,0	11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0	0.28	60
11725 Beans, snap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.58 61 11736 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.06 86 11737 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 81 11738 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 2.61 6610 11086 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, drained solids 157.0 1.0 cup 10 0 0.07 32 11081 Beets, canned, trained solids 246.0 1.0 cup 0 0.07 34 11081 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 88.0 1.0 NLEA serving 0 0.14 66 11080 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.04 28 11096 Broccoli, brines, cooked 88.0 1.0 NLEA serving 0 0.05 227 11097 Broccoli raab, cooked 88.0 1.0 NLEA serving 0 0.13 225 11098 Broccoli, brines, cooked 88.0 1.0 cup 0 0.05 227 11099 Broccoli, brines, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, forzen, chopped, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, forzen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained,	11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0	0.44	96
11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 0 0.58 61 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 0 0.06 86 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces) 0 2.61 6610 11088 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces) 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup (1° pieces) 0 0.05 24 11082 Beets, canned, trained solids and liquids 246.0 1.0 cup 0 0.07 34	11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0	0.04	60
11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 0 0.06 88 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 81 11736 Bears, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, with salt 144.0 1.0 cup (1° pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces) 0 2.61 6610 11088 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° pieces) 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11801 Beets, cooked, boiled, drained 88.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 88.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.04 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 88.0 1.0 cup 0 0.05 27 11098 Broccoli raab, cooked 88.0 1.0 cup 0 0.05 28 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11092 Broccoli, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, c	11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0	0.58	61
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt 135.0 1.0 cup 0 0.05 81 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81 11736 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° picces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1° picces) 0 2.61 6610 11088 Beet greens, raw 38.0 1.0 cup 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11881 Beets, cooked, boiled, drained 88.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 88.0 1.0 cup 0 0.05 27 11096 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11743 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11093 Broccoli, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11094 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11095 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11096 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11097 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2	11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0	0.58	61
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135.0 1.0 cup 0 0.05 81	11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0	0.06	86
11736 Beet greens, cooked, boiled, drained, with salt 144.0 1.0 cup (1" pieces) 0 2.61 6610 11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1" pieces) 0 2.61 6610 11086 Beet greens, raw 38.0 1.0 cup 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 118 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli raab, taw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.05	81
11087 Beet greens, cooked, boiled, drained, without salt 144.0 1.0 cup (1' pieces) 0 2.61 6610 11086 Beet greens, raw 38.0 1.0 cup 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli raab, raw 40.0 1.0 cup hopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.0 cu	11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0	0.05	81
1086 Beet greens, raw 38.0 1.0 cup 0 0.57 1442 11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11098 Broccoli, chinese, cooked 88.0 1.0 cup chopped 0 0.65 629 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 0.42 865 11741 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11094 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11095 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11096 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11097 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11098 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11099 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11090 Broccoli, frozen	11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0	2.61	6610
11084 Beets, canned, drained solids 157.0 1.0 cup, diced 0 0.05 24 11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli, chinese, cooked 88.0 1.0 cup chopped 0 0.65 629 11942 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13<	11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0	2.61	6610
11735 Beets, canned, no salt added, solids and liquids 246.0 1.0 cup 0 0.07 32 11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 0.15 2312 11096 Broccoli, chinese, cooked 88.0 1.0 cup chopped 0 0.65 629 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11073 Broccoli, frozen, chopped, cooked, boiled, d	11086	Beet greens, raw	38.0	1.0 cup	0	0.57	1442
11082 Beets, canned, regular pack, solids and liquids 246.0 1.0 cup 0 0.07 34 11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli, chinese, cooked 88.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained	11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0	0.05	24
11081 Beets, cooked, boiled, drained 85.0 0.5 cup slices 0 0.03 18 11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli, cooked 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0	11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0	0.07	32
11734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 0.03 18 11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli raab, raw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11743 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0	0.07	34
11609 Beets, pickled, canned, solids and liquids 227.0 1.0 cup slices 0 0.14 66 11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli, raab, raw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0	0.03	18
11080 Beets, raw 136.0 1.0 cup 0 0.05 27 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli raab, raw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0	0.03	18
11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 0 2.15 2312 11096 Broccoli raab, raw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0	0.14	66
11096 Broccoli raab, raw 40.0 1.0 cup chopped 0 0.65 629 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11080	Beets, raw	136.0	1.0 cup	0	0.05	27
11969 Broccoli, chinese, cooked 88.0 1.0 cup 0 0.42 865 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0	2.15	2312
Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 0 1.13 725 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.10 cup 0 2.43 1098	11096	Broccoli raab, raw	40.0	1.0 cup chopped	0	0.65	629
Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 0 1.13 725 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092	11969	Broccoli, chinese, cooked	88.0	1.0 cup	0	0.42	865
Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 0 2.43 1098 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0	1.13	725
Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 0 2.43 1098 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0	1.13	725
11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 0 1.90 952	11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0	2.43	1098
	11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0	2.43	1098
Broccoli, frozen, spears, cooked, boiled, drained, with salt 92.0 0.5 cup 0 1.21 610	11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0	1.90	952
	11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0	1.21	610

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(a Per Measure	Vitamin E alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0	1.21	549
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0	1.28	641
11090	Broccoli, raw	91.0	1.0 cup chopped	0	0.71	329
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0	0.09	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0	0.09	98
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0	0.79	860
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0	0.79	860
11098	Brussels sprouts, raw	88.0	1.0 cup	0	0.77	396
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)		0.58	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)		0.58	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)		0.45	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0	0.15	4333
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0	0.15	4333
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0	0.06	1877
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0	0.09	144
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0	0.11	36
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0	0.11	36
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0	0.18	150
11118	Cabbage, kimchi	150.0	1.0 cup	0	0.16	82
43144	Cabbage, mustard, salted	128.0	1.0 cup	0	0.03	657
11970	Cabbage, napa, cooked	109.0	1.0 cup	0		145
11109	Cabbage, raw	89.0	1.0 cup, chopped	0	0.13	37
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0	0.03	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0	0.03	4
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	18	0.10	596
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0	0.12	420
11655	Carrot juice, canned	236.0	1.0 cup	5	2.74	21955
11683	Carrot, dehydrated	74.0	1.0 cup	2	4.03	25126
11960	Carrots, baby, raw	15.0	1.0 large	0		959
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0	1.08	7783
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0	0.90	6557
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0	1.08	7783
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0	0.90	7306
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0	0.10	808

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0	0.10	808
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0	1.47	11971
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0	1.47	11971
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	1	0.36	4510
11124	Carrots, raw	128.0	1.0 cup chopped	1	0.84	10605
11134	Cassava, raw	206.0	1.0 cup	0	0.39	16
11935	Catsup	17.0	1.0 tbsp	2051	0.25	54
11949	Catsup, low sodium	17.0	1.0 tbsp	2051	0.25	54
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0	0.04	4
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0	0.04	4
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0	0.11	11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0	0.11	11
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0	0.05	5
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0	0.04	77
11965	Cauliflower, green, raw	64.0	1.0 cup	0	0.03	60
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)		0.09	0
11141	Celeriac, raw	156.0	1.0 cup		0.56	0
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0	0.52	470
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0	0.52	470
11143	Celery, raw	101.0	1.0 cup chopped	0	0.27	273
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0	3.31	6391
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0	3.31	6391
11147	Chard, swiss, raw	36.0	1.0 cup	0	0.68	1313
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)		0.22	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)		0.22	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)		0.16	0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0	0.66	995
11156	Chives, raw	3.0	1.0 tbsp chopped	0	0.01	78
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0	2.50	1543
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0	2.50	1543
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0	1.67	8575
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0	1.67	8575
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0	2.12	11591
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0	2.12	11591

1161 Collamb. raw 360	NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha- Per Measure	Vitamin E tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
1666 Corn podeling, home prepared 2500 1.0 cup 0 0.68 90 1907 Corn, sweet, white, canned, event style, no salt added 2560 1.0 cup 0 0.15 0.0 1908 Corn, sweet, white, canned, event style, no salt added 2100 1.0 cup 0 0 - 22 1908 Corn, sweet, white, canned, vacuum pack, no salt added 2100 1.0 cup 0 0 - 22 1908 Corn, sweet, white, canned, vacuum pack, regular pack 2100 1.0 cup 0 0 0 - 22 1908 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids 2560 1.0 cup 0 0 - - 0 1903 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids 2560 1.0 cup 0 0 - - - 0 1903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 2560 1.0 cup 0 0 - - - 0 1904 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 2560 1.0 cup 0 0 0 - - - 0 1904 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 2560 1.0 cup 0 0 0 0 0 1904 Corn, sweet, white, concled, beiled, drained, with aalt 1650 1.0 cur, small (5-12° long) 0 0.08 1 1919 Corn, sweet, white, concled, beiled, drained, with aalt 1650 1.0 cup 0 0 0.12 2 1910 Corn, sweet, white, frozen, kernels cut off cob, beiled, drained, without salt 1650 1.0 cup 0 0 0 0 0 1919 Corn, sweet, white, frozen, kernels cut off cob, beiled, drained, without salt 1650 1.0 cup kernels 0 - 3 1919 Corn, sweet, white, frozen, kernels on cut, cooked, beiled, drained, without salt 1650 1.0 cup kernels 0 - 3 1919 Corn, sweet, white, frozen, kernels on cut, cooked, beiled, drained, without salt 1650 1.0 cup kernels 0 - 3 1919 Corn, sweet, white, frozen, kernels on cut, cooked, beiled, drained, without salt 1650 1.0 cup kernels 0 - 3 1910 Corn, sweet, white, frozen, kernels on cut, cooked, be	11161	Collards, raw	36.0	1.0 cup, chopped	0	0.81	1077
1907 Corn, sweet, white, canned, cream style, no salt added 256.0 1.0 cm - 0.15 0.0 1906 Corn, sweet, white, canned, vacuum pack, ro, salt added 210.0 1.0 cm 0 0.18 3.3 1908 Corn, sweet, white, canned, vacuum pack, ro, salt added 210.0 1.0 cm 0 0 2.2 1908 Corn, sweet, white, canned, vacuum pack, ro, salt added 210.0 1.0 cm 0 0 0.11 2.2 1905 Corn, sweet, white, canned, vacuum pack, ro, salt added 210.0 1.0 cm 0 0 0.11 2.2 1905 Corn, sweet, white, canned, whole kernel, drinined solids 164.0 1.0 cm 0 0 0 1906 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 256.0 1.0 cm 0 0 0 1907 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 256.0 1.0 cm 0 0 0 0 0 0 1908 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 80.0 1.0 cm, small (5-12° to 0 0 0.08 1 1901 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 80.0 1.0 cm, small (5-12° to 0 0 0.08 1 1902 Corn, sweet, white, canned, boiled, drained, without salt 80.0 1.0 cm, small (5-12° to 0 0 0.08 1 1912 Corn, sweet, white, frozen, kernels cut off coh, boiled, drained, with salt 165.0 1.0 cm 0 0 0.12 2.2 1911 Corn, sweet, white, frozen, kernels cut off coh, boiled, drained, without salt 165.0 1.0 cm 0 0 0.12 2.2 1919 Corn, sweet, white, frozen, kernels on coh, cooked, boiled, drained, without salt 165.0 1.0 cm cm cm cm cm cm cm cm	11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0	0.10	157
1996 Corn, sweet, white, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 3 3 1999 Corn, sweet, white, canned, vacuum pack, ros alt added 210.0 1.0 cup 0 0 2 2 1995 Corn, sweet, white, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.11 2 2 1995 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.11 2 2 1994 Corn, sweet, white, canned, whole kernel, on salt added, solids and liquids 256.0 1.0 cup 0 0 0 0 1998 Corn, sweet, white, canned, whole kernel, ros salt added, solids and liquids 256.0 1.0 cup 0 0 0 0 0 0 0 0 0	11656	Corn pudding, home prepared	250.0	1.0 cup	0	0.68	90
1909 Corn. sweet, white, canned, vacuum puck, no salt added 2100 1.0 cup 0	11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup		0.15	0
1908 Corn, sweet, white, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0 0.11 22 1905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.11 22 1904 Corn, sweet, white, canned, whole kernel, negular pack, solids and liquids 256.0 1.0 cup 0 0 0 0 0 1908 1909	11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0	0.18	3
1905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.11 2 1904 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids 256.0 1.0 cup 0 0 -	11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0		2
1904 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids 256.0 1.0 cup 0	11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0		2
1903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids 256.0 1.0 cup 0 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0 0.08 1.1 11904 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0 0.08 1.1 11912 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 cup 0 0.12 2.2 11913 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2.2 11914 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2.2 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3.3 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3.3 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3.3 11916 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3.3 11916 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3.3 11917 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 2.3 1177 Corn, sweet, yellow, canned, cream style, rogular pack 256.0 1.0 cup 0 0.18 7.7 11714 Corn, sweet, yellow, canned, cream style, rogular pack 256.0 1.0 cup 0 0.18 7.7 11717 Corn, sweet, yellow, canned, vacuum pack, rogular pack 256.0 1.0 cup 0 0.08 6.9 1172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.08 6.9 1172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.08 6.9 1172 Corn, sweet, ye	11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0	0.11	2
1902 Corn, sweet, white, cooked, boiled, drained, with salt 80.0 1.0 ear, small (5-12" tong) 0 0.08 0.08 1.0 ear, small (5-12" tong) 0 0.08 1.0 ear, small (5-12" tong) 0 0.08 1.0 ear, small (5-12" tong) 0 0.08 0.08 1.0 ear, small (5-12" tong) 0 0.08 1.0 ear, small (5-12" tong) 0	11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup			0
1902 Corn., sweet, white, cooked, boiled, drained, with salt 89.0 1.0 car, small (5-1/2" tog) 0 0.08 1 1901 Corn., sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 cup 0 0.12 2 1911 Corn., sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 1911 Corn., sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 1915 Corn., sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0 0 0 0 1915 Corn., sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 0 0 0 1914 Corn., sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 0 0 0 1913 Corn., sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 0 0 0 0 1916 Corn., sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 0 0 0 0 0 1917 Corn., sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 256.0 1.0 cup kernels 0 0 0.05 1 1918 Corn., sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.08 23 1917 Corn., sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.08 69 1174 Corn., sweet, yellow, canned, vacuum pack, regular pack 256.0 1.0 cup 0 0.08 69 1175 Corn., sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 1176 Corn., sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 1177 Corn., sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.08 69 1177 Corn., sweet, yellow, coaked, boiled, drained, without salt 89.0 1.0 car small (5-1/2" tog) 0 0.08 59	11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0		
1901 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 2 11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 2 11910 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 2 11910 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0 0 0 0 0 0 0 0	11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0		0	0.08	1
1911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 2 2 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared 165.0 1.0 cup 0 2 2 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 165.0 1.0 cup kernels 0 3 3 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3 3 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 11910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 11910 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0 0.05 1 11910 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 23 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.18 77 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11771 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.08 69 11773 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.08 69 11770 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 1.0 cup	11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0		0	0.08	1
11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared 165.0 1.0 cup 0 2 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 165.0 1.0 cup kernels 0 3 11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11910 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.05 1 11171 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11771 Corn, sweet, yellow, canned, no salt added 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11188 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12	11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0	0.12	2
1910 Corn, sweet, white, frozen, kernels cut off cob, unprepared 165.0 1.0 cup 0 2 1915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt 165.0 1.0 cup kernels 0 3 3 1914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3 3 1913 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 1910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 1910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 1910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 1910 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 3 1910 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 23 1917 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 1917 Corn, sweet, yellow, canned, no salt added 210.0 1.0 cup 0 0.08 69 1917 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 1917 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 1917 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 1.0 ear small	11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0	0.12	2
11914 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt 165.0 1.0 cup kernels 0 3 11913 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0 0.05 1 1 1170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 23 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.18 77 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 1.0 ear small (5-1/2" long) 0 0.08 69 1.0 ear small (5-1/2" long) 0 0.08 69 1.0 ear small (5-1/2" long) 0 0.08 69 1.0 ear small (5-1/2"	11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0		2
11913 Corn, sweet, white, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels 0 3 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0 0.05 1 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 23 11712 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.18 77 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11711 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, conked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82	11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0		3
11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.08 23 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.18 77 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 1171 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 110 ear small (5-1/2" to 6-1/2" long) 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 110 ear small (5-1/2" to 6-1/2" long) 110 ear small (5-1/2" to 6-1/2" long) 11179 Corn, sweet, yellow, fozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.08 89.0 1.0 ear small (5-1/2" to 6-1/2" long)	11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0		3
11170 Corn, sweet, white, raw 73.0 6-1/2" long 0 0.08 23 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0 0.18 77 11171 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11171 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 1171 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 1173 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, cooked, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82 11170 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82	11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0		3
11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0 0.18 77 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82	11900	Corn, sweet, white, raw	73.0		0	0.05	1
11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0 0.18 77 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0 0.08 23 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82	11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0	0.08	23
11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 11774 Corn, sweet, yellow, canned, vacuum pack, no salt added 11775 Corn, sweet, yellow, canned, vacuum pack, regular pack 11776 Corn, sweet, yellow, canned, vacuum pack, regular pack 11770 Corn, sweet, yellow, canned, whole kernel, drained solids 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 11770 Sorn, sweet, yellow, cooked, boiled, drained, without salt 11780 Corn, sweet, yellow, cooked, boiled, drained, without salt 11790 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11890 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0	0.18	77
11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0 0.08 69 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 1.0 ear small (5-1/2" long)	11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0	0.18	77
11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0 0.08 69 11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.08 59	11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0	0.08	23
11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0 0.15 23 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 1.0 ear small (5-1/2" to 6-1/2" long) 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.15 23 1.0 ear small (5-1/2" to 6-1/2" long) 1.0 cup 0 0.08 59	11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0	0.08	69
11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 110 ear small (5-1/2" to 6-1/2" long) 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.08 59 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.12 82	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0	0.08	69
Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 6-1/2" long) Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.08 59 1.10 ear small (5-1/2" long) 0 0.08 59	11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0	0.15	23
Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 6-1/2" long) Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0 0.08 59	11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0		0	0.08	59
·	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0		0	0.08	59
11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared 136.0 1.0 cup 0 0.11 67	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0	0.12	82
	11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0	0.11	67

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha- Per Measure	Vitamin E tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0	0.13	96
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0	0.13	96
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0	0.15	101
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0	0.12	82
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0	0.10	68
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0	0.14	83
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0	0.36	784
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0	0.36	784
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.51	76
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.51	76
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0	0.46	746
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0	0.68	3766
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0	0.68	3766
11203	Cress, garden, raw	50.0	1.0 cup	0	0.35	2075
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0	0.04	41
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0	0.02	23
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0	0.63	9163
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0	2.56	4137
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0	1.89	3220
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0	0.04	1767
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0	0.04	1767
11212	Edamame, frozen, prepared	155.0	1.0 cup	0	1.05	271
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0	0.41	22
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0	0.41	22
43146	Eggplant, pickled	136.0	1.0 cup	0	0.04	41
11209	Eggplant, raw	82.0	1.0 cup, cubes	0	0.25	11
11213	Endive, raw	25.0	0.5 cup, chopped	0	0.11	325
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0	0.60	1700
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0	0.50	503
11215	Garlic, raw	136.0	1.0 cup	0	0.11	7
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon		0.04	0
11216	Ginger root, raw	2.0	1.0 tsp		0.01	0
11975	Grape leaves, canned	4.0	1.0 leaf	0	0.07	114

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alph Per Measure	Vitamin E a-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11974	Grape leaves, raw	14.0	1.0 cup	0	0.28	2267
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0	0.41	380
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0	0.28	18
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0	0.06	2707
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0	0.61	2707
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0	1.10	10625
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0	1.10	10625
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0	1.20	11470
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0	1.20	11470
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0	0.25	948
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0	0.86	35
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0	0.86	35
11241	Kohlrabi, raw	135.0	1.0 cup	0	0.65	30
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0		8438
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0	3.33	8438
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0	0.62	604
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0	0.62	604
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0	0.82	890
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0	0.10	1093
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0	0.06	2456
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0	0.08	1599
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0	0.13	215
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0	0.04	1259
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0	0.72	223
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.24	377
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.24	309
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0	1.15	180
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0	1.15	180
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.49	194
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.49	194
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0	1.15	214
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0	0.50	197
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup		0.01	0

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha Per Measure	Vitamin E a-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)			0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0	0.09	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0	0.09	5
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0	0.10	6
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole		0.01	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole		0.01	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup		0.02	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced		0.01	0
11240	Mushrooms, morel, raw	66.0	1.0 cup			0
11987	Mushrooms, oyster, raw	148.0	1.0 large		0.00	43
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced		0.02	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced			0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced		0.02	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces			0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces			0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom			0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole			0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces		0.02	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces		0.02	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices		0.01	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced			0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0	2.49	8820
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0	2.49	10360
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0	2.02	6369
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0	2.02	6369
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0	1.13	1002
11964	Nopales, cooked, without salt	149.0	1.0 cup		0.00	361
11963	Nopales, raw	86.0	1.0 cup, sliced		0.00	215
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0	0.22	136
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0	0.22	136
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0	0.29	168
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0	0.29	168
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0	0.31	200
11278	Okra, raw	100.0	1.0 cup	0	0.27	416

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha Per Measure	Vitamin E -tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup		0.22	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0	0.04	1
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0	0.04	2
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0	0.04	2
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0	0.01	1
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0	0.00	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0	0.00	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0	0.02	2
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0	0.02	2
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0	0.02	1
11282	Onions, raw	160.0	1.0 cup, chopped	0	0.03	2
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0	0.55	598
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0	0.03	1
11292	Onions, young green, tops only	6.0	1.0 tbsp	0	0.01	144
11297	Parsley, fresh	60.0	1.0 cup chopped	0	0.45	3032
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices		0.78	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices		0.78	0
11298	Parsnips, raw	133.0	1.0 cup slices		1.98	0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0	0.97	8670
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0	0.42	3780
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0	1.45	13136
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0	0.04	1127
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0	0.04	1127
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0	0.62	955
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.62	955
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.75	1216
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0	0.75	1216
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0	0.38	617
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0	0.66	900
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0	0.03	272
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0	0.02	1065
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0	0.02	1128
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0	0.22	752
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0	0.22	752

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha Per Measure	Vitamin E -tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0	0.02	1000
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0	0.03	1642
11304	Peas, green, raw	145.0	1.0 cup	0	0.19	651
11976	Pepper, banana, raw	124.0	1.0 cup	0	0.86	228
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0	1.16	5492
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0	0.50	299
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0	0.31	302
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0	0.50	4865
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0	0.31	240
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0	0.31	150
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0	0.13	126
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0	0.94	1316
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0	3.22	505
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0	0.72	561
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0	0.06	31
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0	0.68	356
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0	0.02	13
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0	0.55	310
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0	1.61	155
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0	0.20	183
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0	2.23	2059
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0	0.02	172
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0	1.46	1342
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0	1.46	1342
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0	1.17	1196
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0	2.35	2420
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	513	3.28	1664
11945	Pickle relish, sweet	15.0	1.0 tbsp	0	0.09	78
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0	0.39	93
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0	0.01	19
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0	0.01	19
11941	Pickles, cucumber, sour	155.0	1.0 cup	0	0.14	126
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0	0.13	116
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0	0.58	520

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha Per Measure	Vitamin E a-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0	0.03	28
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0	0.49	46
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0	0.49	46
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0	0.60	62
11943	Pimento, canned	12.0	1.0 tbsp	0	0.08	177
11349	Poi	240.0	1.0 cup	0	5.52	74
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0	1.40	8613
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0	1.40	8613
11413	Potato flour	160.0	1.0 cup		0.40	0
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0	0.05	1
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0	0.21	2
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0	0.13	4
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0	0.02	4
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0	0.06	9
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup		0.02	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup		0.02	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0	0.02	3
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0	0.02	3
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0	0.04	2
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0	0.01	2
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0	0.01	1
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0	0.01	1
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0	0.09	2
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	1
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0	0.30	2
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0	0.09	2
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0	0.08	2
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0	0.07	2
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0	0.04	1
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0	0.03	1
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0	0.12	3

NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(a Per Measure	Vitamin E alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0	0.02	2
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared		3.28	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0	0.02	5
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0	0.02	4
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0	0.06	20
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0	0.54	14
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0	0.29	23
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0	1.07	69
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0	0.04	4
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0	0.25	19
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0	0.88	63
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0	0.66	44
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0	0.24	18
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	3
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0	0.21	18
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced		0.01	0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0	0.12	18
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0	0.01	4
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0	0.05	1394
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0	0.68	682
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0	0.68	682
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0	2.60	17003
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0	2.60	17003
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0	1.96	5135
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0	1.96	5135
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0	0.05	1394
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0	1.23	3596
11952	Radicchio, raw	40.0	1.0 cup, shredded	0	0.90	6
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup			0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices			0

NDB_No	Description	Weight(g)	Measure	Lycopene(µg) Per Measure	Vitamin E (alpha-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced			0
11432	Radishes, oriental, dried	116.0	1.0 cup		0.01	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices			0
11429	Radishes, raw	116.0	1.0 cup slices		0.00	5
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	12	0.29	1
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	17	0.41	2
11435	Rutabagas, raw	140.0	1.0 cup, cubes	20	0.42	1
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices		0.26	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced		0.26	0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0	0.20	11
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)		0.09	0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0	0.28	244
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0	0.17	148
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0	0.09	7
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0	0.09	7
11446	Seaweed, laver, raw	26.0	10.0 sheets	0	0.26	811
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0	5.60	383
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0	0.10	22
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0	0.00	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0	0.00	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0	0.20	11
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0	0.20	11
11658	Spinach souffle	136.0	1.0 cup	0	1.26	2030
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0	3.74	11349
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0	4.15	12585
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0	3.74	11349
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0	3.74	11318
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0	3.74	11318
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0	3.36	6875
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0	3.36	6875
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0	4.52	10975
11457	Spinach, raw	30.0	1.0 cup	0	0.61	1688
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0	0.25	229
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0	0.25	229

1041 Squash, summer, all contestes, raw 1330 1.0 cup, sheed 0 0.14 136 1471 Squash, summer, crookineck and straightneck, canabad, holiad, drained, with sail 1800 1.0 cup, sheed 0 0.25 128 1888 Squash, summer, crookineck and straightneck, cooked, boiled, drained, without all 1800 1.0 cup, sheed 0 0.22 1206 1806 1808 1.0 cup, sheed 0 0.22 1206 1808 1808 1.0 cup, sheed 0 0.22 1206 1808 1808 1.0 cup, sheed 0 0.22 1206 1808 1808 1.0 cup, sheed 0 0.29 2.28 1808 1808 1.0 cup, sheed 0 0.29 2.28 1808 1808 1.0 cup, sheed 0 0.29 2.28 1808 1808 1.0 cup, sheed 0 0.17 1.0 cup, sheed	NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpha-to Per Measure	Vitamin E ocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
1888 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 1800 1.0 cup, sliced 0 0.22 1206 11889 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt 1920 1.0 cup, sliced 0 0.29 230 230 11889 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt 1920 1.0 cup slices 0 0.29 230	11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0	0.14	136
11468 Squash, summer, crookneck and straightneck, rooked, boiled, drained, without salt 1920 1.0 cup slices 0 0.22 0.28 11859 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 1920 1.0 cup slices 0 0.29 220 11474 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 1920 1.0 cup slices 0 0.17 1.14 11476 Squash, summer, scallop, cooked, brief, drained, with at 0.00 0.5 cup slices 0 0.17 1.14 11480 Squash, summer, scallop, cooked, brief, drained, without salt 2400 1.0 cup, mashed 0 0.29 1.22 11475 Squash, summer, scallop, cooked, brief, drained, without salt 90.0 0.5 cup slices 0 0.17 1.00 11861 Squash, summer, rocchini, includes skin, cooked, brief, drained, without salt 1800 1.0 cup, sliced 0 0.27 1.20 11862 Squash, summer, racchini, includes skin, cooked, brief, drained, without salt 1800 1.0 cup, sliced 0 0.27 1.20 11862 Squash, summer, racchini, includes skin, frozen, cooked, brief, drained, without salt 1800 1.0 cup sliced 0 0.27 1.20 11862 Squash, summer, racchini, includes skin, frozen, cooked, brief, drained, without salt 1800 1.0 cup sliced 0 0.27 1.20 11862 Squash, summer, racchini, includes skin, frozen, cooked, brief, drained, without salt 1800 1.0 cup sliced 0 0.27 1.20 11863 Squash, summer, racchini, includes skin, frozen, cooked, brief, drained, without salt 2250 1.0 cup 0 0 0.27 1.20 11874 Squash, summer, racchini, includes skin, frozen, uprepared 9.50 0.33 package (10 cz) 0 0.15 1.10 11874 Squash, winter, accrim, cooked, brief, drained, without salt 2250 1.0 cup, cubes 0 0.15 1.20 1188 Squash, winter, accrim, cooked, brief, without salt 2250 1.0 cup, cubes 0 0.25 5776 1188 Squash, winter, all varieties, cooked, brief, without salt 2250 1.0 cup, cubes 0 0.26 9.38 118	11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0	0.25	128
1859 Squash, summer, crookneck and straightneck, frozen, crooked, boiled, drained, with sult 1920 1.0 cup slices 0 0.29 230	11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0	0.22	1206
1859 with salt 1920 1.0 cup sites 0 0.29 230 230 241 242 243 244	11468		180.0	1.0 cup, sliced	0	0.22	1206
1146 without salt	11859		192.0	1.0 cup slices	0	0.29	230
11860 Squash, summer, scallop, cooked, boiled, drained, with salt 900 0.5 cup slices 0 0.11 46 11476 Squash, summer, scallop, cooked, boiled, drained, without salt 2400 1.0 cup, mashed 0 0.29 122 11475 Squash, summer, scallop, raw 1300 1.0 cup slices 0 0.17 169 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt 900 0.5 cup slices 0 0.11 603 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt 1800 1.0 cup, sliced 0 0.22 126 11862 Squash, summer, zucchini, includes skin, rozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup, cubps 0 0.11 113 11477 Squash, summer, zucchini, includes skin, froz	11474		192.0	1.0 cup slices	0	0.29	230
11476 Squash, summer, scallop, cooked, boiled, drained, without salt 2400 1.0 cup, mashed 0 0.29 122 11475 Squash, summer, scallop, raw 1300 1.0 cup slices 0 0.17 169 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt 1800 1.0 cup, sliced 0 0.22 1206 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 2230 1.0 cup 0 0.27 236 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223,0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 240,0 1.0 cup 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, unprepared 95,0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, unprepared 25,0 1.0 cup, chosped 0 0.15 149 11484 Squash, winter, alvarieties, cooked, baked, without salt <td>11467</td> <td>Squash, summer, crookneck and straightneck, raw</td> <td>127.0</td> <td>1.0 cup sliced</td> <td>0</td> <td>0.17</td> <td>114</td>	11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0	0.17	114
11475 Squash, summer, scallop, raw 1300 1.0 cup slices 0 0.17 169 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt 90.0 0.5 cup slices 0 0.11 603 11478 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 0 0.22 1206 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 25.0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, umprepared 95.0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, umprepared 95.0 0.33 package (10 oz) 0 0.11 113 11479 Squash, summer, zucchini, includes skin, frozen, cooked, baled, without salt 245.0 1.0 cup, chops 0 0.11 113 11480 Squash, summer, zucch	11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0	0.11	46
11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt 90.0 0.5 cup slices 0 0.11 603 11478 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 0 0.22 1206 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, cuprepared 95.0 0.33 package (10 oz) 0 0.11 113 11479 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.15 149 11484 Squash, winter, accorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, cubes 0 0.15 149 11482 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, butternut, cooked, baked	11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0	0.29	122
11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt 1800 1.0 cup, sliced 0 0.22 1206 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 0 0.27 236 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.11 113 11479 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.15 149 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, chopped 0 0.15 149 11482 Squash, winter, acorn, raw 140.0 1.0 cup, cubes 0 0 - 308 11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, raw 116.0	11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0	0.17	169
11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.27 236 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, rozen 124.0 1.0 cup, chopped 0 0.15 149 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0 1200 11482 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11645 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11488 Squash, winter, butternut, row, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11488 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11489 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, cubes 0 0.19 951 11489 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, cubes 0 0.19 951 11489 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, cubes 0 0.19 951 11490 Squash, winter,	11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0	0.11	603
11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.11 113 1147 Squash, summer, zucchini, includes skin, raw 124.0 1.0 cup, chopped 0 0.15 149 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0 308 11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.25 5726 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, rozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.34 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.34 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 113.0 0.34 package (12 oz) 0 2.09 2.152 11485 Squash, winter, butternut, rozen, unprepared 11486 2.05.0 1.0 cup, cubes 0 0.41 7.339 11486 Squash, winter, butbard, baked, with salt	11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0	0.22	1206
11480 salt 223.0 1.0 cup 0 0.27 236 11479 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 0 0.11 113 11477 Squash, summer, zucchini, includes skin, raw 124.0 1.0 cup, chopped 0 0.15 149 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, chopped 0 1200 11482 Squash, winter, acorn, raw 140.0 1.0 cup, cubes 0 308 11863 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487	11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0	0.27	236
11477 Squash, summer, zucchini, includes skin, raw 124.0 1.0 cup, chopped 0 0.15 149 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0 1200 11482 Squash, winter, acorn, raw 140.0 1.0 cup, cubes 0 308 11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.04 936 11485 Squash, winter, butbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 </td <td>11480</td> <td>-</td> <td>223.0</td> <td>1.0 cup</td> <td>0</td> <td>0.27</td> <td>236</td>	11480	-	223.0	1.0 cup	0	0.27	236
11484 Squash, winter, acorn, cooked, boiled, mashed, without salt 245.0 1.0 cup, mashed 0 1200 11482 Squash, winter, acorn, raw 140.0 1.0 cup, cubes 0 308 11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 <t< td=""><td>11479</td><td>Squash, summer, zucchini, includes skin, frozen, unprepared</td><td>95.0</td><td>0.33 package (10 oz)</td><td>0</td><td>0.11</td><td>113</td></t<>	11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0	0.11	113
11482 Squash, winter, acorn, raw 140.0 1.0 cup, cubes 0 308 11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed	11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0	0.15	149
11863 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 0 0.25 5726 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, buttermut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, buttermut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873	11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0		1200
11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 0 0.25 5726 11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0		308
11643 Squash, winter, all varieties, raw 116.0 1.0 cup, cubes 0 0.14 951 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes <t< td=""><td>11863</td><td>Squash, winter, all varieties, cooked, baked, with salt</td><td>205.0</td><td>1.0 cup, cubes</td><td>0</td><td>0.25</td><td>5726</td></t<>	11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0	0.25	5726
11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 0 2.64 9368 11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0 0.19 951	11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0	0.25	5726
11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 0 2.64 9368 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0	0.14	951
11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 0 2.09 2152 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0	2.64	9368
11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 0 2.02 5916 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0	2.64	9368
11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 0 0.41 7339 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0	2.09	2152
11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 0 0.41 7339 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0	2.02	5916
Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 0 0.28 5048 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0	0.41	7339
Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 0 0.28 3873 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0	0.41	7339
11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 0.19 951	11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0	0.28	5048
	11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0	0.28	3873
Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 0 0.19	11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0	0.19	951
	11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0	0.19	91

1492 Squark, winter, spughetit, cooked, boiled, drained, or baked, without salt 1500 1.0 cup, cubes 0 0.13 65 1872 Succostask, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup, cubes 0 0.31 139 1873 Succostask, (corn and limas), frozen, cooked, boiled, drained, without salt 1700 1.0 cup 0 0.31 139 1874 Sweet putato learnes, cooked, stramed, without salt 1700 1.0 cup 0 0.61 1104 1875 Sweet putato learnes, cooked, stramed, without salt 640 1.0 cup 0 0.61 1104 1875 Sweet putato learnes, cooked, stramed, without salt 640 1.0 cup 0 0.61 1104 1875 Sweet putato learnes, cooked, stramed, without salt 1900 1.0 cup 0 0.2 to 1708 1874 Sweet putato, canned, syrup pack, drained soluls 1960 1.0 cup 0 0.2 to 1708 1875 Sweet putato, canned, syrup pack, spids and liquids 2280 1.0 cup 0 0.2 to 1.0 cup 1875 Sweet putato, canned, syrup pack, spids and liquids 2280 1.0 cup 0 0.2 to 1.0 cup 1875 Sweet putato, canned, syrup pack, spids and liquids 2280 1.0 cup 0 0.2 to 1.0 cup 1876 Sweet putato, canned, syrup pack, spids and liquids 2380 1.0 cup, mashed 0 0.30 0.00 1876 Sweet putato, canned, syrup pack, spids and liquids 2380 1.0 cup, mashed 0 0.30 0.00 1876 Sweet putato, canned, spids, without stain 3280 1.0 cup, mashed 0 0.30 0.00 1876 Sweet putato, canned, spids, without stain 3280 1.0 cup, mashed 0 0.30 0.00 1877 Sweet putato, canned, spids, without stain 1700 1.0 cup, canned 0 0.30 0.00 1877 Sweet putato, canned, spids, without stain 1700 1.0 cup, canned 0 0.30 0.00 1878 Sweet putato, canned, spids, without stain and selection 1.0 cup, canned 0 0.30 0.00 1879 Sweet putato, canned, spids, without stain added 1.0 cup, canned 0 0.30 0.00 1870 Tomato product, canned, without stain added 1.0 cup, canned 0	NDB_No	Description	Weight(g)	Measure	Lycopene(µg)(alpl Per Measure	Vitamin E na-tocopherol)(mg) Per Measure	Carotene, beta(µg) Per Measure
1872 Saccolash, (corm and limas), frozen, cooked, brield, drained, with eath 170.0 1.0 cup 0 0.31 139 139 139 28 28 28 28 28 28 28 2	11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0	0.19	91
1502 Saccottash, (corn and limas), frozen, cooked, boiled, drained, without salt 1700 1.0 cup 0 0.61 1104 1506 Sweet potato leaves, cooked, steamed, without salt 640 1.0 cup 0 0.61 1104 1505 Sweet potato leaves, cooked, steamed, without salt 640 1.0 cup, chopped 0 0.61 1104 1505 Sweet potato leaves, cooked, steamed, without salt 640 1.0 cup, chopped 0 0.7 776 1514 Sweet potato, canned, mashed 2550 1.0 cup, chopped 0 2.78 13308 1516 Sweet potato, canned, smahed 2550 1.0 cup 0 2.25 10782 1616 Sweet potato, canned, syrup pack, solids and liquids 228.6 1.0 cup 0 2.14 10301 1512 Sweet potato, canned, syrup pack, solids and liquids 228.6 1.0 cup, mashed 0 2.55 12214 1508 Sweet potato, conked, bade in skin, flesh, without salt 232.0 1.0 cup, mashed 0 2.55 22214 1508 Sweet potato, conked, belled, without skin 232.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, canded, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, canded, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, canded, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1877 Sweet potato, cooked, canded, boiled, without salt 160 1.0 piace (2.1/2* x² da) 0 0.04 4.051 1878 Sweet potato, cooked, canded, boiled, without salt 160 1.0 piace (2.1/2* x² da) 0 0.04 4.051 1879 Sweet potato, cooked, canded, without salt 160 1.0 cup, cubes 0 0.35 11317 1870 Sweet potato, cooked, canded, without salt 160 1.0 cup, cubes 0 0.35 11317 1870 Sweet potato, cooked, without salt 132.0 1.0 cup, cubes 0 0.35 11317 1870 Sweet potato, craw, unprepared 133.0 1.0 cup, cubes 0 0.35 0.35 1871 Tan, cooked, without salt 132.0 1.0 cup sliced 0 3.87 5.1 1871 Tan, cooked, without salt 132.0	11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0	0.13	65
1874 Sweet potato leaves, cooked, steamed, with salt	11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0	0.31	139
1506 Sweet potato leaves, cocked, steamed, without salt 10 10 10 10 10 10 11 10 11 10 11 10 11 10 11	11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0	0.31	139
11505 Sweet potato leaves, raw 35.0 1.0 cup, chopped 0 — 776 11514 Sweet potato, canned, mashed 255.0 1.0 cup 0 2.78 13308 11647 Sweet potato, canned, syrup pack, drained solids 196.0 1.0 cup 0 2.25 10782 11645 Sweet potato, canned, yrup pack, solids and liquids 228.0 1.0 cup 0 2.24 10301 11512 Sweet potato, cooked, baked in skin, flesh, without skin 200.0 1.0 cup, mashed 0 2.55 12214 11508 Sweet potato, cooked, baked without skin 328.0 1.0 cup, mashed 0 3.08 30976 11876 Sweet potato, cooked, baled, without skin with salt 232.0 1.0 pices (2-1/2 *x² dia) 0 0.38 30976 11876 Sweet potato, cooked, baled, without skin with salt 133.0 1.0 cup, mashed 0 0.38 30976 11876 Sweet potato, cooked, baled, without skin with salt 182.0 1.0 cup, mashed 0 0.38 10976 11879 <td< td=""><td>11874</td><td>Sweet potato leaves, cooked, steamed, with salt</td><td>64.0</td><td>1.0 cup</td><td>0</td><td>0.61</td><td>1104</td></td<>	11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0	0.61	1104
11514 Sweet potato, canned, syrup pack, drained solids 1960 1.0 cup 0 2.78 13308 11647 Sweet potato, canned, syrup pack, solids and liquids 1960 1.0 cup 0 2.25 10782 11512 Sweet potato, canned, varuum pack 225.0 1.0 cup, mashed 0 2.55 12214 11508 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 3076 11510 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 3076 11650 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 3076 11650 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 0.94 4051 11571 Sweet potato, cooked, boiled, without skin 1830 1.0 cup, cubes 0 0.35 1137 11577 Sweet potato, gooked, kubed, without skin 133.0 1.0 cup, cubes 0 0.35 1131 11570 Sweet potato, gooked, k	11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0	0.61	1104
11647 Sweet potato, canned, syrup pack, drained solids 1960 1.0 cup 0 2.25 10782 11645 Sweet potato, canned, syrup pack, solids and liquids 2280 1.0 cup, mashed 0 2.14 10301 11512 Sweet potato, conked, baked in skin, flesh, without salt 2000 1.0 cup, mashed 0 2.55 12214 11510 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30076 11876 Sweet potato, cooked, boiled, without skin with salt 328.0 1.0 cup, mashed 0 3.08 30076 11876 Sweet potato, cooked, boiled, without skin with salt 328.0 1.0 cup, mashed 0 3.08 30076 11876 Sweet potato, cooked, boiled, without skin with salt 328.0 1.0 cup, mashed 0 3.08 30076 11577 Sweet potato, cooked, boiled, without skin with salt 328.0 1.0 cup, mashed 0 0.36 2136 11570 Sweet potato, cooked, boiled, without skin with salt 328.0 1.0 cup cub 0 0.35 113	11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0		776
1645 Sweet potato, canned, syrup pack, solids and liquids 228.0 1.0 cup 0 2.14 1030 1512 Sweet potato, canned, vacuum pack 255.0 1.0 cup, mashed 0 2.55 12214 1508 Sweet potato, cooked, baked in skin, flesh, without skin 200.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, boiled, without skin, with salt 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, baked, without salt 176.0 1.0 piece (2-12° x 2" dia) 0 0.94 4051 1517 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 1.36 21996 1520 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.35 11517 15102 Sweet potatos, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 1157 Taro, cooked, without salt 132.0 1.0 cup, silced 0 3.87 51 1158 Taro, cooked, without salt 132.0 1.0 cup, silced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, silced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, silced 0 0.13 21 1154 Tomation, raw 34.0 1.0 cup 3237 0.77 2009 1154 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 1188 Tomato juice, canned, with salt added 243.0 1.0 cup 4848 4.94 765 1154 Tomato products, canned, pace, without salt added 250.0 1.0 cup 5485 4.92 765 1154 Tomato products, canned, suce, with mushrooms 245.0 1.0 cup 34043 3.53 635 1155 Tomato products, canned, suce, with mushrooms 245.0 1.0 cup 4648 4.70 1.0 cup 34043 3.53 635 1155 Tomato products, canned, suce, with mushrooms 245.0 1.0 cup 4648 4.70	11514	Sweet potato, canned, mashed	255.0	1.0 cup	0	2.78	13308
11512 Sweet potato, camed, vacuum pack 255.0 1.0 cup, mashed 0 2.55 12214 11508 Sweet potato, cooked, bailed, in skin, flesh, without skin 320.0 1.0 cup, mashed 0 3.08 30976 11570 Sweet potato, cooked, boiled, without skin, with salt 328.0 1.0 cup, mashed 0 3.08 30976 11659 Sweet potato, cooked, boiled, without skin, with salt 328.0 1.0 cup, mashed 0 3.08 30976 11659 Sweet potato, cooked, candied, home-prepared 105.0 1.0 piece (2-1/2* x 2" dia) 0 0.04 4051 11517 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.35 11317 11520 Taro leaves, raw 28.0 1.0 cup, cubes 0 0.76 2684 11520 Taro leaves, raw 28.0 1.0 cup, sliced 0 3.87 51 11520 Taro leaves, traw 132.0 1.0 cup, sliced 0 3.87 51 11537 Taro, cooked, without salt <t< td=""><td>11647</td><td>Sweet potato, canned, syrup pack, drained solids</td><td>196.0</td><td>1.0 cup</td><td>0</td><td>2.25</td><td>10782</td></t<>	11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0	2.25	10782
1508 Sweet potato, cooked, baked in skin, flesh, without salt 2000 1.0 cup 0 1.42 23018 1510 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 1876 Sweet potato, cooked, candied, home-prepared 105.0 1.0 piece (2-1/2" x 2" dia) 0 0.94 4051 1517 Sweet potato, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.16 21996 11507 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.35 11317 13023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, without salt 132.0 1.0 cup, silced 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, silced 0 3.87 51 11519 Taro, cooked, without salt 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11547 Tomato products, canned, purce, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, purce, with us alt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, purce, with us alt added 250.0 1.0 cup 34043 3.53 635 11549 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46108 4.70 1396 11551 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46108 4.70 1396 11557 Tomato sauce, canned, no salt added 245.0 1.0 cup 46108 4.70	11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0	2.14	10301
11510 Sweet potato, cooked, boiled, without skin 328.0 1.0 cup, mashed 0 3.08 30976 11876 Sweet potato, cooked, boiled, without skin, with salt 328.0 1.0 cup, mashed 0 3.08 30976 11659 Sweet potato, cooked, conded, boiled, without salt 105.0 1.0 piece (2-1/2" x 2" dia) 0 0.94 4051 11517 Sweet potato, frozoen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.35 11317 31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 1.0 cup, cubes 0 0.55 2654 11520 Taro leaves, fraw 28.0 1.0 cup, slices 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11540 Tomatillos, raw	11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0	2.55	12214
11876 Sweet potato, cooked, boiled, without skin, with salt 328.0 1.0 cup, mashed 0 3.08 30976 11659 Sweet potato, cooked, candied, home-prepared 105.0 1.0 piece (2-1/2" x 2" dia) 0 0.94 4051 11517 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 0.35 11317 11507 Sweet potator, raw, unprepared 133.0 1.0 cup, cubes 0 0.35 11317 31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11519 Taro, cooked, without salt added 134.0 1.0 cup, sliced 0 3.87 51 11519 Taro, cooked, without salt added 13	11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0	1.42	23018
11659 Sweet potato, cooked, candied, home-prepared 105,0 1.0 piece (2-1/2" x 2" dia) 0 0.94 4051 11517 Sweet potato, frozen, cooked, baked, without salt 176,0 1.0 cup, cubes 0 1.36 21996 11507 Sweet potato, raw, unprepared 133,0 1.0 cup, cubes 0 0.35 11317 31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, with salt 132,0 1.0 cup sliced 0 3.87 51 11519 Taro, cooked, without salt 132,0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104,0 1.0 cup, sliced 0 2.48 36 11954 Tomatoliuc, saw 34,0 1.0 medium 0 0.13 21 43365 Tomato praduce, canned, with salt added 242,0 1.0 cup 2337	11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0	3.08	30976
11517 Sweet potato, frozen, cooked, baked, without salt 176.0 1.0 cup, cubes 0 1.36 21996 11507 Sweet potato, raw, unprepared 133.0 1.0 cup, cubes 0 0.35 11317 31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup slices 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato piuce, canned, with salt added 243.0 1.0 cup 21960 0.78	11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0	3.08	30976
11507 Sweet potato, raw, unprepared 133.0 1.0 cup, cubes 0 0.35 11317 31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup, sliced 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 23377 0.77 2009 11546 Tomato products, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11547 Tomato products, canned, puree, with salt added 250.0	11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0	0.94	4051
Sweet Potatoes, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 0 0.76 2654 11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato products, canned, parse, without salt added 243.0 1.0 cup 21960 0.78 656 11888 Tomato products, canned, parse, without salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, parse, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 43217 Tomato sa	11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0	1.36	21996
11520 Taro leaves, raw 28.0 1.0 cup 0 0.57 811 11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato juice, canned, paste, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 260.0 0.25 cup 18984 2.84 595 11547 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup	11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0	0.35	11317
11878 Taro, cooked, with salt 132.0 1.0 cup slices 0 3.87 51 11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato products, canned, paste, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 1894 2.84 595 11588 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, sauce 245.0 1.0 cup 3403 3.53	31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0	0.76	2654
11519 Taro, cooked, without salt 132.0 1.0 cup, sliced 0 3.87 51 11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 243.0 1.0 cup 21960 0.78 656 11888 Tomato products, canned, paste, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, succe, with salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 34043 3.53 635 11557 Tomato products, canned, no salt ad	11520	Taro leaves, raw	28.0	1.0 cup	0	0.57	811
11518 Taro, raw 104.0 1.0 cup, sliced 0 2.48 36 11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato products, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 1894 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, sauce 245.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup <td< td=""><td>11878</td><td>Taro, cooked, with salt</td><td>132.0</td><td>1.0 cup slices</td><td>0</td><td>3.87</td><td>51</td></td<>	11878	Taro, cooked, with salt	132.0	1.0 cup slices	0	3.87	51
11954 Tomatillos, raw 34.0 1.0 medium 0 0.13 21 43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 18984 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 34043 3.53 635	11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0	3.87	51
43365 Tomato and vegetable juice, low sodium 242.0 1.0 cup 23377 0.77 2009 11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 18984 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635 <td>11518</td> <td>Taro, raw</td> <td>104.0</td> <td>1.0 cup, sliced</td> <td>0</td> <td>2.48</td> <td>36</td>	11518	Taro, raw	104.0	1.0 cup, sliced	0	2.48	36
11540 Tomato juice, canned, with salt added 243.0 1.0 cup 21960 0.78 656 11886 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 18984 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 34043 3.53 635 1208 13217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11954	Tomatillos, raw	34.0	1.0 medium	0	0.13	21
11886 Tomato juice, canned, without salt added 243.0 1.0 cup 21960 0.78 656 11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 18984 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	23377	0.77	2009
11546 Tomato products, canned, paste, without salt added 66.0 0.25 cup 18984 2.84 595 11888 Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11540	Tomato juice, canned, with salt added	243.0	1.0 cup	21960	0.78	656
Tomato products, canned, puree, with salt added 250.0 1.0 cup 54385 4.92 765 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11886	Tomato juice, canned, without salt added	243.0	1.0 cup	21960	0.78	656
Tomato products, canned, puree, without salt added 250.0 1.0 cup 54385 4.92 765 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	18984	2.84	595
11549 Tomato products, canned, sauce 245.0 1.0 cup 34043 3.53 635 11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	54385	4.92	765
11551 Tomato products, canned, sauce, with mushrooms 245.0 1.0 cup 46408 4.70 1396 11557 Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	54385	4.92	765
Tomato products, canned, sauce, with onions, green peppers, and celery 250.0 1.0 cup 46135 2.95 1208 43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11549	Tomato products, canned, sauce	245.0	1.0 cup	34043	3.53	635
43217 Tomato sauce, canned, no salt added 245.0 1.0 cup 34043 3.53 635	11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	46408	4.70	1396
·	11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	46135	2.95	1208
11693 Tomatoes, crushed, canned 121.0 0.5 cup 6178 1.51 156	43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	34043	3.53	635
	11693	Tomatoes, crushed, canned	121.0	0.5 cup	6178	1.51	156

NDB_No	Description	Weight(g)	Measure	Vitamin E Lycopene(µg)(alpha-tocopherol)(mg) Per Measure Per Measure		Carotene, beta(µg) Per Measure
11527	Tomatoes, green, raw	180.0	1.0 cup	0	0.68	623
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6089	1.42	588
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	6588	1.42	636
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	10424	2.12	263
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	7298	1.34	703
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	7298	1.34	703
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	3834	0.80	669
11955	Tomatoes, sun-dried	54.0	1.0 cup	24787	0.01	283
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0	3.47	8422
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0	3.47	8422
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0	2.12	5145
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0	2.71	6588
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0	2.71	6588
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0	2.18	5296
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0	4.36	10593
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0	1.57	3824
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes		0.03	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes		0.03	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup		0.03	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup		0.03	0
11564	Turnips, raw	130.0	1.0 cup, cubes		0.04	0
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	18011	2.58	954
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	18082	2.59	958
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0	0.75	70
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0	2.14	571